

Waves Dive into Union

The Lake Champlain Waves swim team competed at the December Super Splash meet at Union College in Schenectady, NY on December 5, 2010. The Waves sent eighteen swimmers to compete. Standout performers included Mats Dahmen, Nicholas Nowosielski, Sierra Cotrona, and Brittany Friedrich. Dahmen took one first, two seconds, and one third place finish. Nowosielski had one first place, one fourth, one fifth, and one seventh place finish. Cotrona scored a second, a third, and a fifth place finish, while Friedrich had one third, and one seventh place finish.

Mats Dahmen finished first in the 200 yard Freestyle (Free) with a time 1.58.80. Competing in the boy's 15 & over division, he placed second in the 100 yard Free in a personal best time of 52.49. Dahmen also placed second in the 100 yard Butterfly (Fly) in 58.02. His time of 23.63 in the 50 yard Free placed him in third for that event. Dahmen scored 70 points for the Waves.

Nicholas Nowosielski competed in the boy's 9-10 year old division. He placed first in the 50 yard Free with a personal best time of 31.66. Nowosielski, swimming in four events, recorded three personal best times. He placed fourth in the 50 yard Backstroke (Back) with a personal best time of 38.72. Nowosielski took fifth place in the 100 yard Free in 1.13.85, and seventh in the 100 yard Individual Medley (IM) in 1.25.41, which was also a personal best. He scored 61 points.

Sierra Cotrona, competing in the girl's 15 & over division, placed second in the 400 yard IM in 5.14.50. Her time of 2.26.89 in the 200 yard IM was good for a third place finish, and she took fifth in the 100 yard Free in 59.67. Cotrona knocked 11.26 seconds off her time in the 100 yard Fly with a time of 1.10.36. She scored 52 points for her team.

Brittany Friedrich took third place honors in the 100 yard Breaststroke (Breast) with a personal best time of 1.13.50. This was 1.06 second faster than her previous best. Friedrich also had a personal best of 1.00.96 in the 100 yard Free, which was good for seventh place. Swimming in the girl's 15 & over division, she swam a personal best of 28.18 in the 50 yard Free. Friedrich swam in the 1000 yard Free in 11.59.44. She scored 41 points.

Brooke Kelley placed fourth in the 200 yard Free with a time of 2.26.41. She swam in the 100 yard IM in a time of 1.15.58. Competing in the girl's 11-12 year old division, Kelley improved her time in the 50 yard Back by 3.19 seconds with a time of 36.43. She also swam in the 50 yard Free in a time of 30.51. Kelley scored 21 points for the Waves.

Henry McCormick competed in the boy's 15 & over division. He improved his time in all four events that he entered. He placed fifth in both 200 yard IM and in the 100 yard Breast. McCormick's time of 2.28.51 in the 200 yard IM was a 5.77 second improvement from his previous best, and he swam the 100 yard Breast in 1.14.10. McCormick placed sixth in the 100 yard Free in a time of 56.44. He also competed in the 50 yard Free 25.98. McCormick scored 47 points.

Alexis Kelley was fifth in the 200 yard Free with a time of 2.17.67. Swimming in the girl's 13-14 year old division, she took seventh place in the 400 yard IM in 5.33.10. Kelley also swam in the 50 yard Free in 29.10, and in the 100 yard Fly in 1.15.37. She added 34 points to the Waves tally.

Spencer Hall, competing in the boy's 13-14 year old division, improved his times in all four of the events that he entered. He placed sixth in the 100 yard Free in a time of 1.00.70. Hall took eighth place in the 200 yard IM in 2.37.79, and his time of 1.14.59 in the 100 yard Fly was 10.72 seconds faster than his previous best. He also swam in the 50 yard Free in a time of 28.35, and scored 37 points.

Molly Wilkins placed sixth in the 400 yard IM with a time of 5.29.20. She swam in the girl's 15 & over division, and took eighth place in the 200 yard Free in 2.17.96. Wilkins also swam in the 100 yard Fly in 1.09.63, and in the 100 yard Free in 1.03.61. She scored 34 points for the Waves.

Mary Barkla competed in the girl's 13-14 year old division, finishing in seventh place in the 200 yard IM in 2.43.17. She recorded personal bests in the 100 yard Fly, and the 100 yard Free. Barkla improved her time in the 100 yard Fly by 8.60 seconds with a time of 1.20.06, and her time of 1.05.70 in the 100 yard Free was a 2.03 second improvement. She also competed in the 100 yard Breast with a time of 1.32.83, and scored 12 points.

Rebecca Brown recorded a personal best in the 100 yard back with a time of 1.22.23. She swam in the 200 yard Free in 2.27.25, the 100 yard Fly in 1.19.46, and the 1000 yard Free 13.20.80. Brown competed in the girl's 15 & older division.

Ellen Silverman competed in the girl's 13-14 year old division. She improved her time in the 100 yard Fly by 1.50 second with a time of 1.18.15. Silverman also competed in the 200 yard IM in a time of 2.56.89, and the 100 yard Back in 1.28.84.

Stella Boolukos-Brinker recorded personal bests all four of the events that she entered. She knocked 5.24 seconds off her time in the 100 yard IM with a time of 1.21.53. Swimming in the girl's 11-12 year old division, she also improved her times in the 100 yard Free in 1.09.00, the 50 yard Free in 30.18, and the 50 yard Back in 36.05.

Garrett Hinge, swimming in his first USA swim meet, competed in the boy's 13-14 year old division. He swam in the 50 yard Free in a time of 29.53, and in the 100 yard Free in 1.13.32.

Zackary Raymond improved his times in three of the four events that he entered. His time of 56.16 in the 50 yard Breast was a 3.75 second improvement. Raymond recorded personal bests in 100 yard IM with a time of 1.38.72, and in the 50 yard Free with a time of 35.99. He also competed in the 50 yard Back in 47.56.

Emily McCormick, competing in the girl's 11-12 year old division, improved her times in all four of the events that she entered. She knocked a whopping 12.92 seconds off her time in the 50 yard Breast with a time of 44.40. McCormick improved her time in the 100 yard Free by 6.74 seconds with a time of 1.14.57. She also improved her times in the 100 yard IM in 1.27.62, and in the 50 yard Free in 33.04.

Zoe Porter recorded a personal best in the 100 yard IM with a time of 1.25.77. Swimming in the girl's 11-12 year old division, she swam in the 50 yard Back in 40.07.

Tenzin Dorjee competed in the girl's 11-12 year old division and recorded a personal best time in the 50 yard Back with a time of 47.76. She also swam in the 50 yard Breast in 50.56, and in the 50 yard Free in 40.40.